

# **Health Plan for Church Communities**

Presented to

**Your Church**

By

**Dwayne Lemon  
A Practical Ministry for Today's Society**

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**The Healing Ministry of Jesus**: by the time we reach Mark 7:24 Jesus has already banished an unclean spirit, cured Peter's mother in law, cast out and silenced demons, cleansed a leper, stood up a paralytic, repaired a withered hand, exorcised the demoniac whose name is Legion, brought Jairus' daughter back from the brink of death, staunched by a touch a woman's issue of blood, made alive the synagogue ruler's daughter, "and as many as even touched his garment were made well". Those who are well have no need of a physician, but those who are sick do.

This was not to minimize the power of the Preaching or Teaching ministry but in fact to magnify them.

The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me."

With these facts in mind, Elder Lemon in association with Home Health Education Services, would like to empower the many different church communities in the State of Georgia, by sharing with them a program that is designed to meet the many needs of our communities as it relates to health issues.

Please review our program and let us know if this would be a fit for your church community.

We thank you for your consideration and wish you God's blessings.

## AGENDA

*Take Charge of your Health*

***Presented by***

***Elder Dwayne Lemon***

***In association with  
Home Health Education Services***

Day	Date*	Time	Topic
Sunday		7:00 pm.	Diabetes
Monday		7:00 pm	Arthritis
Tuesday		7:00 pm	Cholesterol
Wednesday		7:00 pm	Hypertension
Thursday		7:00 pm	Nicotine & Alcohol
Sunday		3:00 pm	Cooking Class

Each presentation will be preceded by devotions. We ask for the feature segment of the Sunday Program or Bible Class.

Periods outside of the presentations will be used for one on one consultation.

- To be decided

Date

Name of church

Address

### **Proposed Health Plan**

We would like to submit our proposal to conduct a series of health lectures in your church community.

As Lifestyle Educators, we specialize in

- i. Teaching people to take charge of their health
- ii. Preventing, treating and reversing “Western Debilitating Lifestyle Diseases” (WDLN) such as obesity, diabetes, hypertension, high cholesterol, cardio-vascular diseases” and cancer, among others.

We teach from solid scientific evidence which agrees with the Bible. Our health program also included recommendations from the World Health Organization (WHO) and the European Union (EU) Council on diets and Foods, plus eight decisive principles through which we have been able to successfully treat and reverse WDLN.

We are therefore seeking an opportunity to make a presentation to you, & the members of your Church

We are sending you copies of our Health Eating Self-Test, our Lifestyle and Physical Activity Assessment forms as well as the flyer which promotes our lectures.

You May expect a call from us to finalize arrangements. May the Lord continue to bless and keep you.

Yours Faithfully,

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Dwayne Lemon  
Alexandra Lemon

## **Overview**

Up to 100 years ago, the major diseases which affected people were;

- Typhoid
- tuberculosis (TB)
- yellow fever, among others
- malaria
- smallpox and

These were largely viral infections caused by lack of proper sanitation and poor hygiene: but with Louis Pasteur's discovery of the germ theory, these diseases have been largely brought under control in modern America.

In 1885, TB was the major killer in the United States, causing one out of every five deaths. As the sciences of anatomy, physiology, microbiology, pathology, and

chemistry developed, the practice of medicine steadily changed. Infectious viral diseases have been largely controlled.

Today, the major killer diseases are lifestyle related such as heart diseases, diabetes, hypertension, and high cholesterol, which are increasing with frightening speeds.

## **The Present Crisis**

As Americans, we pride ourselves on being the best – fed nation on earth. However, there is the question of whether or not we are paying too high a price for the privilege: in needless disability, disease and premature death?

Americans are consuming too much of the following:

**Too much refined sugar**

**Too much refined baked goods**

**Too much salt**

**Too much fat**

**Too much protein**

**Flavored beverages**

**Snacks between meals**

**Too little fiber**

The items mentioned above (with the exception of fiber) are high in calories and low in nutrients, and the generous consumption of them tends toward:

- Obesity
- tooth decay
- Elevated blood cholesterol levels
- heart disease
- stroke
- impotence and
- diabetes
- several

kinds of cancers These diseases are responsible for many deaths, and they are largely described as lifestyle diseases, as a reflection of how people live and what they eat.

### **What shall we do?**

Education is the key.

P.T.H Ministries is offering our services to coach and train you and the members of your Church into the lifestyle practices and dietary principles which prevent, treat, and reverse Western Debilitating Lifestyle Diseases (WDLD).

Where the need arises, this will be done in conjunction with established Life style Centers.

Our treatment and reversal program involves the uses of foods and their healing power, according to internationally accepted standards upheld by the **World Health Organization (WHO) and European Union's Council on Health and Foods combined with eight (8) decisive health principles.**

### **The Ideal Solution**

Upon acceptance of our Health Program, participants will at first be given a "Lifestyle and Physical Activity Assessment" and asked to do a Healthy-Eating Self-Test" From the findings of theses two investigations, a plan will be worked out for each individual, to prevent, treat or reverse "Western Debilitating Lifestyle Diseases" (WDLD) with the aim of bringing about optimal health.

### **The Health Plan**

First, we will conduct

- 1) a “Lifestyle and Physical Activities Assessment and an Healthy Eating Self Test for each willing member of the church
- 2) From the results of our findings in 1 above we then conduct the lifestyle seminar on the most-to-least prevalent lifestyle illness we see in the reports. We also educate to prevent where trends are clearly established.
- 3) We then identify those foods and condiments which war against health and set up the support system to successfully coach member away from harmful products.
- 4) We conduct cooking class to educate on the healthy kitchen, food combination, and preparation.
- 5) We illustrate correct eating practices consistent with the order of digestion.
- 6) We inculcate the 8 principles of health.
- 7) We then follow-up with a maintenance program.

This Plan aims to help church members claim the promise of God our Father through Christ Jesus to take sickness away from the midst of us (Ex 23: 25) and to use the program as a tool to witness and expand the gospel ministry to those who sit in the region and shadow of darkness, to taste and see that the Lord is good.



## **Benefits to Participants**

Freedom from disease related worry, stress, aches and pain

Better rest and night sleep

Better overall health

Better motivation

Improved health benefits

Greater health consciousness

Greater awareness of the relationship between foods and health

Less money spent on refined foods

Less money spent on insurance co-payment and doctor's visit

## **What's included**

- Enrolling each participant
- Providing instruction manuals featuring the latest and best information on diet, food and disease consistent with world standards.
- Group meeting with members of the plan to educate, promote and motivate the required lifestyle changes
- Continuing education of members of the relationship between food and disease

- Coaching and monitoring members of the plan
- Preparing and submitting performance summary reports

### Support Program

Our plan includes a program to support each participant. By coaching them into the lifestyle and dietary practices which are necessary for optimal health which recognizes “My body as the temple of the Holy Spirit”

### **Privacy Policy**

We undertake to protect the privacy of the “Lifestyle and Physical Activity Assessment and the Healthy Eating Self-Test,” information coming into our custody: and to share them with no one except with the members’ written consent or as required by law.

**Health is by choice;  
Not by chance.**

